

HOW TO PICK UP A MOTORCYCLE



CAUTION: *Picking up a motorcycle can be dangerous and can cause serious injury, if done incorrectly.* Whenever possible, get help! You need to be thinking clearly, use common sense and be in good physical condition. Keep your body and back straight, and lift with your legs. Maintain control of the motorcycle and never twist your body while lifting. Check the motorcycle for damage prior to riding.

THE IDEAL SITUATION WOULD BE:

1. Have the lifting technique demonstrated by a qualified professional.
2. Practice with a qualified professional.
3. Have the qualified professional evaluate and coach your lifting technique.

80% of picking up a motorcycle is mental: Work smarter, not harder. Think first - If you were lifting a 300 pound refrigerator, would you think about it first? If you were lifting a 800 pound refrigerator?

Assess yourself: Spend a few minutes asking yourself questions:

Are you able to pick up a motorcycle in a normal situation? Are you hurt? Do you want to pick up your motorcycle? Is it safe to pick up your motorcycle? Etc. You have the rest of your life to pick up your motorcycle, take a few minutes to assess the situation. It's OK to get help with your motorcycle.

Assess the environment: If you are in danger from other traffic, leave your motorcycle and seek a place of safety. Let law enforcement respond and take control of the scene before picking up your motorcycle.

Assess the Motorcycle: Turn it off using the engine cut-off or ignition switch. Turn off the fuel using the fuel supply valve. Spilled fuel is common, use caution (usually you need sparks of an ignition source to have a fire or explosion). If the motorcycle is on its right side, put the side stand down and put the motorcycle in gear. If the motorcycle is on its left side, you can not put the side stand down and can not put the motorcycle in gear. Make a mental note of these facts.

TECHNIQUE I - Facing the motorcycle

For medium and smaller sized motorcycles:

1. Find the balance point of the two tires and the engine, engine guard, or foot peg.
2. Turn handlebars to full-lock position with the front of the tire pointed skyward.
3. Straddle the handlebar. With both hands on the handgrip and your back straight, lift carefully, keeping the handgrip close to your body. Use your leg muscles.
4. Lower or set the motorcycle on it's side stand and park motorcycle safely.

TECHNIQUE II - Back to the Motorcycle

Preferred Method for any size Motorcycle:

1. Turn handlebars to full-lock position with the front of the tire pointed downward.
2. Find the balance point of the two tires and the engine or engine guard.
3. Squat down with your lower back/butt against motorcycle seat. Keep your back straight.
4. With one hand, grasp the handgrip, (overhand or underhand) keeping your wrist straight.
5. With second hand, grasp the motorcycle framework avoiding the hot exhaust system.
6. Lift using your legs while pressing against the seat and use small steps to straighten the motorcycle.
7. Lower or set the motorcycle on it's side stand and park the motorcycle safely.